

Pace	Set
REC	500 swim
EN-1	10 x 50 @ 1:00 or r=15 5 x thru: <ul style="list-style-type: none"> <li>• 25 10-beat free/25 DPS free</li> <li>• 25 catch-up free/25 DPS free</li> </ul>
EN-1 to EN-3	1000 swim 3 x thru + 100 easy: <ul style="list-style-type: none"> <li>• 100 easy</li> <li>• 100 moderate</li> <li>• 100 fast</li> </ul>
EN-1	10 x 50 pull @ 55 or r=10 <ul style="list-style-type: none"> <li>• breathe 3/5 by 25's</li> </ul>
REC/EN-3	10 x 25 swim @ 30 or r=10 <ul style="list-style-type: none"> <li>• 25 easy/25 fast</li> </ul>
REC	250 choice

Total = 3000

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

Pace	Set
REC	600 choice
EN-2	<u>2 x thru:</u> <ul style="list-style-type: none"> <li>• 4 x 25 kick @ 45 or r=10 <ul style="list-style-type: none"> <li>◦ 1 each stroke</li> </ul> </li> <li>• 3 x 50 swim @ 1:10 or r=20 <ul style="list-style-type: none"> <li>◦ 25 fly/25 back</li> <li>◦ 25 back/25 breast</li> <li>◦ 25 breast/25 free</li> </ul> </li> <li>• 1 x 200 IM @ 4:30 or r=60</li> </ul>
EN-1 to EN-2	<u>4 x thru Milt Nelms' Axis Swim (continuous):</u> <ul style="list-style-type: none"> <li>• 25 back</li> <li>• 25 fly</li> <li>• 25 back</li> <li>• 25 breast</li> <li>• 25 free</li> <li>• 25 free</li> <li>• 25 free</li> </ul>
REC	<u>4 x thru:</u> <ul style="list-style-type: none"> <li>• 25 scull/25 glide stroke/25 pull</li> </ul>

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

Pace	Set
REC	<ul style="list-style-type: none"> <li>• 100 swim</li> <li>• 100 kick</li> </ul>
EN-1 to EN-3	<ul style="list-style-type: none"> <li>• 6 x 50 pull @ 55 or r=10                             <ul style="list-style-type: none"> <li>◦ breathe every 3<sup>rd</sup> stroke</li> </ul> </li> <li>◦ 4 x 75 swim @ 1:20 or r=10                             <ul style="list-style-type: none"> <li>▪ descend times 1-4</li> </ul> </li> <li>▪ 3 x 100 swim @ 1:45 or r=15                             <ul style="list-style-type: none"> <li>• descend times 1-3</li> </ul> </li> <li>• 2 x 150 pull @ 2:30 or r=15                             <ul style="list-style-type: none"> <li>◦ breathe 3/5/3 by 50's</li> <li>◦ 1 x 300 swim @ 5:00 or r=30                                     <ul style="list-style-type: none"> <li>▪ negative split</li> </ul> </li> </ul> </li> <li>• 2 x 150 pull @ 2:30 or r=15                             <ul style="list-style-type: none"> <li>◦ breathe 5/3/5 by 50's</li> </ul> </li> <li>▪ 3 x 100 swim @ 1:45 or r=15                             <ul style="list-style-type: none"> <li>• descend times 1-3</li> </ul> </li> <li>◦ 4 x 75 swim @ 1:20 or r=10                             <ul style="list-style-type: none"> <li>▪ descend times 1-4</li> </ul> </li> <li>• 6 x 50 pull @ 55 or r=10                             <ul style="list-style-type: none"> <li>◦ breathe 3/5 by 25's</li> </ul> </li> </ul>
REC	100 swim

Total = 3000

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

Pace	Set
REC	300 swim
EN-1 to EN-2	12 x 25 kick @ 45 or r=10 4 x thru: <ul style="list-style-type: none"> <li>• 2 x 25 "stroke"</li> <li>• 1 x 25 free</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 8 x 25 "stroke" @ 40 or r=15 <ul style="list-style-type: none"> <li>◦ 4 x 50 "stroke" @ 1:05 or r=15 <ul style="list-style-type: none"> <li>▪ 2 x 100 "stroke" @ 2:15 or r=20-30</li> </ul> </li> </ul> </li> </ul>
EN-1	12 x 25 pull @ 45 or r=10 4 x thru: <ul style="list-style-type: none"> <li>• 2 x 25 breast</li> <li>• 1 x 25 free</li> </ul>
EN-1 to EN-2	<ul style="list-style-type: none"> <li>• 2 x 100 "stroke" @ 2:15 or r=20-30 <ul style="list-style-type: none"> <li>◦ 4 x 50 "stroke" @ 1:05 or r=15 <ul style="list-style-type: none"> <li>▪ 8 x 25 "stroke" @ 40 or r=15</li> </ul> </li> </ul> </li> </ul>
EN-1 to EN-2	12 x 25 kick @ 45 or r=15 4 x thru: <ul style="list-style-type: none"> <li>• 2 x 25 "stroke"</li> <li>• 1 x 25 choice</li> </ul>
REC	100 choice

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max

Pace	Set
REC to EN-1	<ul style="list-style-type: none"> <li>• 200 swim</li> <li>• 150 kick</li> <li>• 200 pull</li> <li>• 150 drill</li> </ul>
EN-1/EN-3	12 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none"> <li>• every 3<sup>rd</sup> 50 fast!</li> </ul>
REC	200 swim
EN-1/SP-1	8 x 50 swim @ 1:15 or r=30 <ul style="list-style-type: none"> <li>• every 2<sup>nd</sup> 50 fast!</li> </ul>
REC	200 swim
SP-1	4 x 50 swim @ 1:30 or r=60 <ul style="list-style-type: none"> <li>• all fast!</li> </ul>
REC	200 swim

Total = 2500

Pace Chart					
Pace	Effort	Perceived Exertion/Target HR	Pace	Effort	Perceived Exertion/Target HR
REC	Very Light	7-12/90-120	EN-3	Hard	17/175-185
EN-1	Fairly Light	13-14/120-150	SP-1	Very Hard	18/185-max
EN-2	Somewhat Hard	15-16/150-175	SP-2/3	Extremely Hard	19-20/max